Open Enrollment
PIH Health Downey Hospital
Marks 100 Years of Caring
Thank You for Your Support During the COVID-19 Pandemic

Don’t Delay Your Care: Alternative Care Options Available
It’s That Time of Year:

Medicare Open Enrollment is October 15 to December 7

Top Tips for Choosing the Right Plan

Medicare’s annual election period (AEP), also called open enrollment, is October 15 to December 7. During this period, Medicare beneficiaries can change their Medicare health plans and prescription drug coverage for the following year.

“Remember, when you select a doctor and medical group, you are also choosing the hospital where you will be treated, should you need hospitalization,” said Roberto Madrid MD, vice president of medical group operations at PIH Health Physicians. “We encourage you to choose a Medicare Advantage plan that gives you access to the PIH Health network, where you can receive top-rated senior services.”
Learn More: Join One of Our Free Medicare Forums

At PIH Health, we know that selecting the right plan can be confusing. To help answer any questions you may have, we will host several Medicare Forums. These events feature a speaker who is an expert on Medicare, and we will review all Medicare health plans accepted by PIH Health.

This year, we hope to hold Medicare Forums in person as well as online on Saturdays from 9 am to 12:30 pm in October and November. Please check our website, ChoosePIHHealth.org for current details.

“Not all healthcare plans and providers are alike, which is why we encourage seniors to choose a Medicare plan aligned with PIH Health,” said Brian Smolskis, PIH Health Physicians president. “We offer three full-service hospitals, emergency care, urgent care, home healthcare services and hospice care, lab services, and board-certified physicians in nearly every medical specialty. Our network consists of more than 25 convenient locations, the most advanced medical equipment, plus a dedicated senior phone line and free community education classes geared specifically for seniors.”

Six Questions to Ask Before Choosing a Medicare Plan

1. What type of plan is it (HMO or PPO)?
2. How much will I have to pay for medical care, including copays, coinsurance and deductibles?
3. Will I be able to see my current doctors?
4. Which hospital will I go to if I need inpatient care?
5. Will it cover all my prescriptions?
6. What other benefits are included (e.g., dental, vision, gym)?

Commercial Open Enrollment

In healthcare, “commercial” refers to employer sponsored insurance plans. In other words, if you receive your health insurance through your employer, you have commercial health insurance.

Unlike state or federally sponsored plans such as Medi-Cal or Medicare, commercial plans do not have a set open enrollment time. Each company sets their own time frame for when employees can make changes to their health insurance. Pay attention to your company’s open enrollment period. This is the time to review your healthcare needs and make changes, if needed.

No matter which health plan you choose, make sure you have continued access to PIH Health physicians and hospitals to ensure that you get high-quality, compassionate care. To learn if your insurance plan contracts with PIH Health, call 888.365.4450.

Call PIH Health for more information or to reserve your seat at a free Medicare Forum. Our Customer Care Center can be reached at 888.365.4450 during regular business hours.
Still Dancing After 63 Years

**Antero Palacios Receives First TAVR Procedure at PIH Health Whittier Hospital**

Advanced age is no reason to slow down—just ask Antero Palacios. At 83 years old, this Whittier resident is as active as ever. He still golfs twice a week, mows his own lawn, washes his own car, and takes his wife Carol dancing at the Arcadia Elks Club every chance he gets.

Thanks to cardiac care at PIH Health, Antero can stay as active as he likes. In November 2019, Antero became the first patient to have a transcatheter aortic valve replacement (TAVR) procedure performed at PIH Health Whittier Hospital.

Good Samaritan Hospital, Los Angeles joined PIH Health’s network in December of 2019, adding expertise in several areas that enabled us to enhance the care we provide to our patients. PIH Health Good Samaritan Hospital has long been a regional leader in cardiac services, offering such advanced care as TAVR. Combining expertise and resources among our hospitals also means sharing experience and knowledge between highly trained physicians like Steven Burstein MD, an interventional cardiologist and other physicians at PIH Health.

TAVR is a minimally invasive procedure to replace a narrowed aortic valve that fails to open properly (called aortic valve stenosis). During the procedure, doctors insert a catheter in the leg or chest and guide it to the heart. A replacement valve is inserted through the catheter, and a balloon is expanded to press the valve into place.

“TAVR is a great option for people who are at higher risk of complications from surgical aortic valve replacement or who...”
can’t undergo open-heart surgery,” said Dr. Burstein. “Because the procedure is minimally invasive, recovery time is greatly reduced compared to open heart surgery.”

Antero’s procedure was performed by Sudhaker Nayak MD, who trained with Dr. Burstein. He was assisted by Dr. Burstein and Eduardo Tovar MD, a cardiothoracic surgeon at PIH Health Whittier Hospital. The outcome was a resounding success.

“I felt absolutely great,” said Antero. “I had no pain, and I was up and walking the same day. Recovery was very easy, and all the doctors and nurses were fantastic. I followed my doctor’s orders and took it easy for one month. But a few weeks later, Carol and I were back at the Elks Club. We’ve been dancing together for 63 years. We’re not the best dancers, but we absolutely love it. Whatever the style—rock-n-roll, salsa, Mexican Polka or Cha Cha—we dance for hours and hope to continue dancing together for years to come.”

To learn more about Cardiac Care at PIH Health, visit PIHHealth.org/Heart.

Q. What are the symptoms of Type 2 diabetes and how can I prevent it?

A. Signs and symptoms of Type 2 diabetes often develop slowly. In fact, you can have it for years and not know it. Early signs and symptoms of Type 2 diabetes include: increased thirst, frequent urination, increased hunger, dry mouth, unintended weight loss, fatigue, blurry vision and headaches.

To prevent Type 2 diabetes, focus on things you can change, like your diet and activity level. Concentrate on losing extra weight (and keeping it off), eating healthier foods and becoming more active (try to do 30 minutes of physical activity five days a week).

To schedule an appointment with an endocrine specialist, call 562.967.2760. To learn more about our services, visit PIHHealth.org/Endo.
High-Risk Screening for Breast Cancer

PIH Health Program Seeks to Find Cancer Early and Prevent Deaths

One in eight women will be diagnosed with breast cancer in her lifetime—but some women have higher risk, based on certain factors like personal or family history, gene mutations, specific syndromes and exposure to radiation therapy at a young age.

Regardless of a woman’s breast cancer risk, PIH Health is committed to early detection and doing everything possible to ensure the best outcome. That includes identifying higher risk women through PIH Health’s High-Risk Screening Program.

Here’s how it works: Whether a woman checks in for her annual screening mammogram or any imaging exams related to the breast, she is given a questionnaire that helps to identify if there is an elevated risk for breast cancer. If deemed a higher-than-average risk, she will receive information to speak to a specialist about the findings.

“Routine breast cancer screening is important for all women, but even more so for those at higher than average risk,” said Courtney Vito MD, PIH Health Breast Surgical Oncologist. “If breast cancer is found, we have a multidisciplinary team that collaborates between departments, discusses cases at the PIH Health tumor board (a group of physicians who specialize in cancer care and meet to discuss the best individualized approach to care), and delivers personalized care that’s tailored to each patient’s wishes, needs and personal situations.”

If a woman is notified that she is a higher-than-average risk, she is encouraged to call and schedule a consultation where we will provide information on risk reduction strategies, such as lifestyle changes, medications, surgical options and additional screening methods like magnetic resonance imaging (MRI).

With October being Breast Cancer Awareness month, there’s no time like the present to focus on your breast health and schedule an annual screening mammogram. PIH Health recommends annual screening for breast cancer beginning at age 40.

To learn more about the PIH Health Breast Center’s high-risk screening program for breast cancer, call 562.907.0667 or visit PIHHealth.org/Mammogram.
We Are Here to Safely Care For You

PIH Health is Safely Caring for Our Communities’ Health Needs

When the COVID-19 pandemic first struck, hospitals and health systems across the nation suspended elective procedures to retain hospital beds for a possible wave of patients, which fortunately were not needed in Southern California.

We have resumed all elective procedures and routine care. PIH Health doctors are available, virtually and in person, to safely care for you and address any of your medical needs. Our hospitals, urgent care centers, and medical offices have taken significant steps to minimize the chances of disease spreading within any of our facilities.

Do not put off getting care from your doctor – especially if you are experiencing serious or life-threatening symptoms, such as heart attack or stroke. Our emergency departments and urgent care centers are open and available to safely care for all patients.

If you’re experiencing a serious injury or life-threatening emergency, call 911. The emergency room is your best choice for symptoms like:

- Chest pain and symptoms of heart attack
- Stroke symptoms
- Severe breathing problems
- Bleeding injuries
- Major allergic reactions

For conditions that aren’t serious, urgent care is faster and more cost effective than the emergency room. Walk into one of our convenient locations—no appointment is needed. You can get care for routine illnesses and injuries, such as:

- Cold and flu symptoms
- Earaches
- Bladder/vaginal infections
- Mild asthma flare-ups
- Minor lacerations
- Back pain
- Stomach problems
- Joint pains
- Sprains/strains
- Rashes

Measures Taken to Ensure Your Safety

For the safety and well-being of all our patients and health providers, PIH Health continues to implement safety measures at each of our hospitals, urgent care centers and medical offices.

- Everyone is screened (not tested) for COVID-19 and required to clean their hands and wear a simple mask before entering PIH Health facilities. Additionally, everyone who enters the facilities is screened through a Body Temperature Thermal Scanner that determines elevated body temperatures.
- Patients suspected of having COVID-19 are separated from all other patients and directed to a separate entrance and waiting area.
- Certain areas of our hospitals are designated for treatment of COVID-19 patients only and staffed by a dedicated care team.
- Restrictions have been placed on visiting patients for their safety and to limit the number of people in the facilities. However, we recognize how important contact with family and friends is and are using technology to assist our patients with staying in touch with loved ones.
- Emergency Department lobbies and medical office waiting rooms have been modified to allow physical distancing.
- We follow the highest standards of infection prevention and sanitation practices per the Centers for Disease Control and Prevention (CDC).

This year has brought the importance of health into focus more than ever before, so don’t ignore your own health. Give your doctor a call to find out if a virtual appointment or in-person visit is right for you or to discuss rescheduling a delayed procedure or surgery.
Literally Half Her Size

Angela Maldonado Drops 130 Pounds and Eight Dress Sizes with Gastric Bypass Surgery

Fifty-six-year-old Angela Maldonado never had a weight problem growing up, but after having four children and a full hysterectomy, her weight simply got out of hand. About five years ago, when her weight peaked at 262 pounds and her health started to suffer, she knew it was time to take back control.

“I was pre-diabetic and was put on medicine for high blood pressure—but what really scared me was my sleep apnea,” said Angela, a secretary for the County of Los Angeles. “During a sleep study, I learned that I stopped breathing 60 times during one night. It was the worst case of sleep apnea the doctor had ever seen.”

“I wanted to see my 13 grandchildren grow up, graduate from college and be around for all those milestones,” said Angela. “I knew that if I didn’t get myself under control, I wasn’t going to have that opportunity.”

Angela’s primary care physician Usama Mitry MD, referred her to Justin Braverman MD, PIH Health Bariatric Surgeon. To prepare for the surgery, Angela met with a nutritionist and took some classes offered by PIH Health. She lost 15 pounds relatively quickly, and in June 2017, Dr. Braverman performed gastric bypass surgery.

“Bariatric surgery is a great choice when other weight loss options have failed,” said Dr. Braverman. “The Roux-en-Y Gastric Bypass is considered the ‘gold standard’ of weight loss surgery—and Angela was another successful example of what this surgery can do.”

Today, Angela is a new woman. With the help of PIH Health, she lost 130 pounds and went from size 22 to size 4.

“The surgery has truly changed my life—I feel so good,” she said. “I’m off of all medications, I’m no longer pre-diabetic and my sleep apnea is gone. The way I view food is totally different and I have tons of energy. Today I can work out, run and play with my grandchildren—even roller skate and jump in bounce houses with them—things I couldn’t do before without getting out of breath. Life is just better.”
Q. What are considered healthy eating habits?

A. Everything you eat and drink matters. The right mix of nutritious foods can help you be healthier both now and in the future. Here are some healthy eating habits:

- Focus on making healthy food and beverage choices from all five food groups, including fruits, vegetables, grains, protein foods and dairy to get the nutrients you need.
- The old food pyramid is gone. Today, you should fill half of your plate with fruit and vegetables. Focus on whole fruits. Vary your veggies.
- Make half of your grains whole grains.
- Vary your protein routine.
- Move to low-fat for fat-free milk or yogurt.
- Eat foods low in saturated fat, sodium and added sugars.
- Control your portions. Eat the right amount of calories based on your age, sex, height, weight and activity level.

For more great tips—and an app that can help—visit ChooseMyPlate.gov, an online resource to help improve the nutrition and well-being of Americans.

To choose a PIH Health primary care doctor, visit PIHHealth.org/Find-a-Doctor or call 888.365.4450.
If you don’t already have a primary care physician (PCP), also known as “your doctor”, you’re missing out. A PCP can be a pediatrician, family medicine or internal medicine doctor – or even an OB/GYN – that gets to know you personally, to help navigate the care you’ll need throughout your life. Your doctor is someone you trust and go to first, to help with medical needs or issues, in addition to annual well check-ups. Throughout your health journey, you may not always be able to see your doctor – that’s when alternative methods of care should be used.

Read on to learn more:
When an accident or sudden illness occurs, often times we think “emergency department”, especially if it’s after hours or late in the evening. If the situation isn’t emergent, there are alternative methods of care that will save time, money, energy and sometimes your sanity, too.

Go to a Hospital Emergency Department or Call 911 for:
• Chest pain
• Signs of stroke
• Severe breathing problems
• Major injuries, especially head injuries
• Broken bones
• Poisoning
• Uncontrolled bleeding
• Confusion or change in mental state
• Sudden or severe pain
Learn more: PIHHealth.org/ED.

For situations that are not as emergent, there are urgent care centers, or after hours clinics. An urgent care can get you in quickly to see a medical professional, often times with little or no waiting. For non-emergent situations, especially after hours, urgent care is a great alternative when you can’t get in to see your doctor.

Go to Urgent Care for:
• Cold/flu symptoms
• Allergies and respiratory/sinus infections
• Urinary Tract Infections (UTI) or bladder infections
• Mild asthma attacks
• Minor cuts and scrapes
• Minor fractures and sprains
For locations and wait time information: PIHHealth.org/UCC.
To find a primary care physician you can trust, visit PIHHealth.org/Find-a-Doctor today.

There are times when you might not be able to get to your doctor’s office or go to an urgent care, and the need is not emergent. Telemedicine is when you meet with a doctor through a phone call or video chat. It is an alternative method of care that is growing in popularity due to the recent COVID-19 pandemic. Today, many doctors and specialists offer telemedicine visits.

Use Telemedicine for:

- Assessing symptoms for cold/flu, allergies and/or respiratory/sinus infections and more
- Following up from a previous appointment (ie: specialists such as orthopedic & sports medicine, bariatric surgery, etc.)
- Feeling anxious or have trouble coping, you can talk to a licensed therapist or board-certified psychiatrist
- For breastfeeding support, you can talk to a lactation consultant, counselor or registered dietitian

Check with your insurance provider or doctor’s office to know what telemedicine options are available to you.

Sometimes there are situations where you just need advice on what to do, or where to go. Clinical professionals are available to answer questions so you don’t have to search the internet reading information that likely doesn’t pertain to your situation.

Use the NurseLine for:

- Access to trained registered nurses, day or night, to answer general health questions, for help understanding symptoms, or to help you decide the right care at the right time. A NurseLine is typically available 24 hours a day, seven days a week (24/7).

Check the back of your insurance card for NurseLine information.

When you need care, we can help.

Free Stroke Education and Support Resources

Available Throughout the Community

Strokes are preventable and treatable. By educating yourself, you can reduce risk factors, learn to take quick action and perhaps save a life—maybe even your own. Check out these resources, available online or nearby.

Know the Signs of a Stroke – Visit PIHHealth.org/HealthLibrary to learn how to recognize a stroke using the acronym BEFAST (Balance, Eyes, Face, Arm, Speech, Time). Knowing the signs can help you get help immediately.

Stroke Survivor Support Groups – Offered in English and Spanish at PIH Health Whittier Hospital and PIH Health Good Samaritan Hospital in Los Angeles.

Protect Yourself from Stroke Classes – An interactive four-week class series designed for individuals living with hypertension, high cholesterol or diabetes. Offered monthly in English and Spanish at PIH Health Good Samaritan Hospital.

Due to the coronavirus, all support groups and classes are either offered online or have been cancelled. Please call 562.698.0811 Ext. 13727 to leave a message and a representative will get back to you.

To learn more about the PIH Health stroke program and resources, visit PIHHealth.org/Stroke.

THE SIGNS OF A STROKE

BALANCE  EYES  FACE  ARM  SPEECH  TIME

LOST

FACE  ARM  SPEECH  TIME

DIFFICULTY  AN AMBULANCE
PIH Health Thanks Our Community for Supporting Us During the COVID-19 Pandemic

As PIH Health quickly geared up to battle the coronavirus (COVID-19) pandemic, our communities also responded with a tremendous outpouring of support. Our physicians, clinicians, staff and volunteers showed up to fight COVID-19 with dedication, commitment and courage, and their efforts were bolstered by the overwhelming generosity and encouragement we have received from our community. For that, we say “Thank You!”

PIH Health is deeply appreciative for the $1.3 million raised in support for our physicians and staff in the face of this pandemic. This funding has gone toward procuring critical medical supplies to keep our professionals safe and resources, such as child care and personal protective equipment, so they can continue providing excellent care to our patients.

We also received generous donations of medical grade masks, gloves, hand sanitizers, sanitizing wipes, isolation gowns, and numerous other equipment and supplies.

Residents and organizations crafted homemade masks and laundry bags for soiled scrubs, and have shared words of encouragement and prayers in the form of cards, letters, and even sidewalk chalk art.

Local restaurants and businesses donated food or delivered meals for our hospital workers to help fuel them during their shifts. Police and Fire Departments made their rounds in parades of appreciation to salute our care teams.

“We applaud the dedication and conviction of PIH Health physicians and staff,” says James R. West, president and chief executive officer of PIH Health. “And as a nonprofit, community based healthcare provider, we appreciate the support that we continue to receive from our community members. In these times of crisis our humanity, resilience and compassion shine brightest. Thank you all for coming together to support PIH Health. You have lifted our spirits and helped us to forge ahead in our mission of providing for the health needs of our patients and communities. We are enormously grateful.”

If you would like to make a donation to support PIH Health, please visit PIHHealth.org/Support.
Thank You to Our Community

The support we received from the community during the COVID-19 pandemic has been overwhelming. We are so appreciative of all of the donations over the past few months. Thank you to those listed above who made in-kind donations. We are so grateful – thank you!

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Chill’s Tea
Chinese University Alumni Association
Chipotle
Mariscos Choix (Downey)
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All donations are as of August 5, 2020. The full list of generous supporters is available at PIHHealth.org/ThankYou.
PIH Health Downey Hospital Marks 100 Years of Caring

On September 13, 2020, we will proudly celebrate PIH Health Downey Hospital’s centennial anniversary, and reflect on the 100 years of service and care that the hospital has provided. The Downey hospital has been a cornerstone within the community, caring for generations of Downey residents and beyond.

Over the last century, PIH Health Downey Hospital has seen many changes and evolutions, driven by a mission to provide the best care for patients and communities and making enhancements and updates to achieve this goal. From its humble beginnings as

Notable Milestones During the Past 100 Years Include:

1920
Hospital opened in Downey as Virginia Hospital, with six beds and two doctors, on the second floor of a former hotel.

1922
Moved to a new 15-bed hospital on East 5th Street.

1930
A group of five physicians purchased the hospital and renamed it Downey Community Hospital (DCH).

1930s-1940s
Operating rooms, modern X-ray equipment, maternity/obstetrics wards and the first emergency department with around-the-clock care were added.

1956
DCH reorganized as a nonprofit hospital with 49 beds.

1960s
Construction began on a new 152-bed facility at the current location on Brookshire Avenue.

1969
New hospital opened and the next day, eight surgeries were preformed.

1970s-1990s
DCH continued the growth of facilities and services to meet the healthcare needs of the growing community.

1999
Downey Community Hospital became Downey Regional Medical Center (DRMC), a healthcare system that included a 199-bed hospital and DRMC Insurance Services.

2003
Downey Regional Medical Plaza opened.

2012
DRMC opened an advanced technology Catheterization Lab.

2013
DRMC became part of the PIH Health network, the second hospital in the system, now known as PIH Health Downey Hospital.

The center building is the original Downey hospital that opened in 1920, located on the second floor of a former hotel at the intersection of what is now Downey Avenue and Firestone Blvd.
If you haven’t been to the Emergency Department (ED) at PIH Health Downey Hospital lately, you might not recognize it.

After several years of work, the hospital’s multi-phase construction project has finished renovations of the respiratory therapy department, outpatient registration and waiting area, plus nursing staff offices, and lounge. The massive project is also nearing completion of the 5,000-square-foot ED expansion, featuring new rooms, two new triage areas and an expanded waiting area, which greatly increases capacity. Completion is expected mid-2021.

“This work, together with our new ED Express unit—which provides 10 patient rooms, efficient care and improved release times for our lower acuity, non-emergent patients—is a big win for the Downey community,” said Richard Trogman, president of PIH Health Downey Hospital. “With these changes, we can accommodate more patients and increase functional efficiency—all in a beautiful space.”

PIH Health has recently begun a similar transformation at PIH Health Good Samaritan Hospital in Los Angeles.

For more information about the PIH Health Emergency Department, please visit PIHHealth.org/ED.
Breathing Freely

Lung Cancer Screening Program Helps Local Resident Detect Early Stage Cancer

Sometimes in life, timing is everything. It certainly was for Ross Roberts, a 69-year-old Whittier resident, whose life may have been saved by the PIH Health Lung Cancer Screening Program.

Ross smoked a pack of cigarettes a day for nearly 50 years. Due to his higher risk, Ross’ primary care physician suggested he enroll in the early detection program in 2014, two years before he quit smoking. As part of the program, Ross receives a low-dose computed tomography (LDCT) scan once a year to identify lung cancer before there are symptoms.

For the first several years, Ross’ scans were clear. But in 2017, his scan revealed a small pulmonary nodule in his left lung that was enlarging—and was later confirmed to be Stage 1A cancer. After consultation with Eduardo Tovar MD, PIH Health cardiothoracic surgeon, and a thorough case review by
Every moment delayed could mean a moment missed. Visit PIHHealth.org/Screenings to learn more about preventative screenings available.

Transfusion-Free Medicine Honors Patient Preferences and Makes Medical Sense

Physicians are increasingly embracing the idea of minimizing the use of blood transfusions or not using them at all. PIH Health Good Samaritan Hospital has recognized the demand for and value of this approach and has been a pioneer for nearly three decades. The Transfusion-Free Medicine and Surgery Center attracts patients from much of the West Coast and throughout the United States. The program is also available for consultations with referring physicians and related health professionals during both regular and after hours.

Transfusion-free medicine—sometimes called bloodless medicine—uses medications and medical techniques to avoid the use of blood transfusion. The Transfusion-Free Medicine & Surgery Center at PIH Health Good Samaritan Hospital offers a broad range of services, all using comprehensive strategies to boost a patient’s blood production and minimize blood loss in order to eliminate the need for transfusion.

“Historically, patients have had a variety of reasons for wanting transfusion-free medicine, including religious prohibitions and concerns about blood contamination,” said Leo Orr MD, co-director of the Transfusion-Free Medicine & Surgery Center. “We’ve been responsive to that need, and now the greater medical community has caught up in recognizing the merit and advantages of minimizing or eliminating blood transfusions.”

Both surgical and non-surgical strategies make transfusion-free medicine possible. Transfusion-free treatment is available in a range of disciplines, including cardiology and cardiac surgery; general, joint replacement, spinal and retinal surgeries; urology; and women and newborn care.

Transfusion-free medicine provides several benefits, including lowering the risk of exposure to viruses, supporting the immune system and lowering the risk of infection.

To learn more about the Transfusion-Free Medicine & Surgery Center, please call 800.977.7989.

For more information about the Lung Cancer Screening program, visit PIHHealth.org/Lung.
Home Health Nurses Develop Close Relationship with Patient Over Years of Care

James Patapoff, 63, began suffering from rheumatoid arthritis in his early 30s, which diminished his mobility. A career as a heavy-equipment mover working 60 to 70 hours a week took its toll on his body, and his condition worsened over the years. Then in 2012, James suffered a spider bite on his leg that became infected. He needed assistance with in-home wound care following acute care for the infection, and his primary care physician referred him to PIH Health Home Health Services in Arcadia.

“At first I didn’t want to burden anyone else with my needs,” explained James. “But I got to a point where I was struggling to care for myself.”

James now receives visits from nurses three days a week, and he considers them friends.

“The nurses go above and beyond in their job, and they never make me feel rushed,” he says. “Even after they are finished with my wound care or bath aid, they warm up some food for me or bring me a glass of water. I have been amazed at how well they care for me.”

PIH Health offers post-acute services including Home Health, Inpatient Rehabilitation, Outpatient Rehabilitation, Skilled Nursing in the Transitional Care Unit (TCU) located in the PIH Health Whittier Hospital, Palliative Care and Hospice Care (care for patients with chronic conditions or terminal illness). Recently, the service area has expanded to accommodate more patients being discharged from PIH Health Good Samaritan Hospital.

Isaac Kim MD, a PIH Health Family Medicine practitioner and one of James’ physicians, explains how helpful and necessary home healthcare can be for many people.

“It’s an excellent resource for patients to receive counseling and practical help in their home. It promotes stability for patients following discharge from a hospital stay, and it is also useful for those who have trouble caring for themselves,” said Dr. Kim.

If you or a loved one is homebound after receiving medical care and could benefit from in-home help a couple times a week, Dr. Kim suggests talking to a primary care physician about Home Health Care or Palliative Care. James has regular one-on-one meetings with Regina Christ, a Palliative Care Nurse Practitioner, regarding his pain management.

“Palliative Care has improved Mr. Patapoff’s quality of life through pain management,” said Regina. “He is now able to interact regularly with both online and ‘real’ friends and family. He is able to engage in day-to-day activities more comfortably as the result of the care he’s receiving.”

“She’s (Regina) really good at listening and talking with me—we bounce ideas back and forth such as ‘what do I need,’ or ‘what do I think’;” James added. “This type of communication results in great care.”

“A lot of PIH Health nurses have seen me through a tough time,” James described. “It feels like they are family.”

For more information regarding PIH Health’s Post-Acute Care Services, visit PIHHealth.org/PostAcute or call 562.902.7757.
PIH Health Home Health Expands

Home Health Services Available to More People

Earlier this year, PIH Health Post-Acute Care services expanded its Home Health service area to include 20 additional zip codes in the cities of Los Angeles, Compton and Maywood. This expansion is Phase One of a comprehensive plan to better serve patients being discharged from PIH Health Good Samaritan Hospital and PIH Health Downey Hospital.

“PIH Health’s Home Health team is an increasingly vital resource to our patients, physicians, clinicians, families and caregivers as more care is being provided in the home setting and through virtual visits,” explains PIH Health Vice President Post-Acute Care Services Shelly Necke. “We are very excited about providing access to skilled nursing care to a greater patient population.”

Stay tuned for more information regarding PIH Health’s continued service area expansion. A map of the current area served by PIH Health Home Health is below. A map of PIH Health’s updated service area and zip codes is also featured on page 26.

Flu Season is Coming: Are You Prepared?

Fall is here, which means flu season is right around the corner. As health professionals remind us every year, the best protection against the virus is to get a flu shot.

According to the Centers for Disease Control and Prevention (CDC), getting vaccinated can reduce the risk of flu illnesses by 40–60 percent in the overall population when there’s a good match between circulating flu viruses and the flu vaccine. It’s smart to plan ahead.

“It’s best to get a flu vaccine before the end of October, or Halloween,” said Mina Jamalleh Abu Gosh MD, Internal Medicine physician at PIH Health Lambert medical office building. “Technically, you can get the flu any time of year, but flu season really starts to ramp up in October and usually peaks between December and February. The vaccine takes a few weeks to give full protection, which is why it’s important to get your flu shot in the early fall.”

This year more than ever we all understand the value of avoiding a virus. And although we do not yet have a vaccine for the coronavirus—we are pleased to announce that all PIH Health Physicians primary care offices are now stocked with this year’s flu vaccine for our patients.

While scientists are still working to develop a vaccine for COVID-19, a flu shot can help keep you healthy.

You can get your flu shot from your primary care physician’s office or walk into one of the PIH Health Pharmacies—in Whittier, Santa Fe Springs and Los Angeles. For hours and addresses, visit PIHHealth.org/Pharmacy.
New Hematology/Oncology Clinic Opens in Downey

For cancer patients in Downey and surrounding Los Angeles area communities, making regular visits to a hematology/oncology office for check-ups and treatments just got a lot more convenient. In June, PIH Health opened its newest hematology/oncology office in Downey—located in the Downey Medical Office Building on the PIH Health Downey Hospital campus.

“There was a need for comprehensive quality Hematology and Oncology care for patients in Downey,” said Rodina Vatanparast MD, PIH Health Hematology/Oncology Specialist. “We are now able to provide patients in Downey with direct access to multi-disciplinary cancer care by bridging medical oncology expertise in conjunction with cancer surgeons, radiation oncologists, interventional radiologists, and pathologists to provide each patient with state of the art comprehensive cancer care, closer to home.”

Cancer patients receiving infusions still need to go to the PIH Health Infusion Center in Whittier.

To schedule an appointment at the new office in Downey, call 562.904.4480. To learn more about our services, visit PIHHealth.org/HEMONC.

Hand Hygiene

Hand Hygiene is the Single Most Effective Way to Prevent the Spread of Infections

According to the Centers for Disease and Prevention (CDC), washing hands can keep you healthy and prevent the spread of respiratory and diarrhea infections.

• Good hand-hygiene is a top priority for PIH Health hospitals, physicians, staff and volunteers.

• Hand hygiene is an essential way to prevent the spread of germs and infections.

• People frequently touch their eyes, nose and mouth without realizing it. Clean hands will prevent germs from getting into our body through the eyes, nose, mouth and make us sick.

• Germs can spread from unwashed hands to objects, such as handrails, table tops or toys and even foods and drinks then transfer to another person’s hands.

• Handwashing reduces the number of people who get sick.

• Handwashing also helps battle the rise in antibiotic-resistant germs. Reducing the number of infections by washing hands can help prevent the overuse of antibiotics.

Cancer Care, Close to Home

Rodina Vatanparast MD
Hematology/Oncology Specialist

FALL 2020/WINTER 2021
Q. My child has had a persistent cough for more than a week. Should I be concerned?

A. Coughs are one of the most common symptoms of a childhood illness. A cough can sound awful, but usually isn’t a sign of a serious condition. Most coughs are caused by viruses and simply need to run their course. Sometimes this can take up to two weeks. Doctors typically don’t prescribe antibiotics because these only work against bacteria.

Only treat symptoms if they make your child uncomfortable, if your child has trouble sleeping or if the cough is highly bothersome—like a hacking cough. Cough medicine is not recommended for children under age four, or between the ages of four to six unless advised by your doctor. Studies consistently show that cough medicines don’t work for children under four, and can potentially cause serious side effects. Cough medicines with narcotics (like codeine) should not be used with children.

If your child’s symptoms become worse—accompanied by a high fever, difficulty breathing, a “whooping” sound, or signs of weakness or dehydration—contact your doctor.

To find a PIH Health pediatrician, visit PIHHealth.org/Peds.

CHOC Specialists Serve Children at PIH Health

Services Expanded to Pulmonology, Surgery and Endocrinology

Two years ago, PIH Health partnered with Children’s Hospital of Orange County (CHOC Children’s) to bring their pediatric specialists to PIH Health Whittwood Medical Office Building and Whittier Urgent Care Center to meet the needs of the patients in the community.

Originally, CHOC Children’s started with pediatric specialists in neurology, gastroenterology and cardiology. However, available services have expanded to include pediatric pulmonology, general surgery and endocrinology.

“We’re fortunate to have the resources of a world-class children’s hospital right here in Whittier,” said Bo Kong MD, a pediatrician at PIH Health La Mirada medical office building. “To have this level of pediatric care—and the specialization that comes with it—is a fantastic offering that’s so important for our families.”

Please visit your PIH Health primary care physician to request a referral for specialty. To find a PIH Health pediatrician, visit PIHHealth.org/Peds.
Surgeon Removes Patient’s Tumors and Installs Implant to Stimulate the Brainstem and Replicate Auditory Perception

Christopher Cook, a 43-year-old IT specialist and an avid runner from Virginia, first began suffering from persistent ringing in his ear five years ago. His primary care physician referred him to an ear, nose and throat specialist, who ordered an magnetic resonance imaging (MRI) and later diagnosed him with Neurofibromatosis Type 2 (NF2), a rare condition that causes tumors to grow on auditory nerves and interfere with hearing. In November 2019, Christopher’s doctor told him the tumors had progressed so much that the only option for treatment was surgery. He referred Cook to the House Clinic in Los Angeles, one of the few places in the country that for 30 years has conducted successful Auditory Brainstem Implant (ABI) surgeries.

Gregory Lekovic MD PhD, head of neurosurgery at the House Institute Neurosurgery Clinic, and William Slattery MD, president of the House Clinic, became Cook’s surgeons and performed the first-ever ABI surgery at PIH Health Good Samaritan Hospital.

"Many patients lose hearing on both sides due to NF2 tumors," explains Dr. Slattery. "The ABI stimulates the brain stem to replicate auditory perception and helps ensure that hearing loss isn’t total."

Traditionally, NF2 tumors can be removed in a procedure called a craniotomy, but this procedure alone results in loss of hearing. During Christopher’s recent craniotomy, Dr. Slattery successfully removed Cook’s tumors during an hours-long procedure and also implanted an ABI. Christopher will receive future tests that program the implanted electrodes in his brain to process sound more precisely.

Christopher said the ABI was important in restoring his quality of life. “It’s all I’ve got as far as maintaining my hearing and my sense of balance,” he said. He also has tumors on his left auditory nerve and will eventually need surgery and an ABI to restore hearing in his left ear.

A distance runner, Christopher is looking forward to participating in the Walt Disney World Marathon in January 2021.

Learn more about Auditory Brain Implants. Call 562.967.2789 or email ABI@PIHHealth.org.
Skinning Down

Plastic Surgery Helped One PIH Health Patient Remove Excess Skin After Weight Loss

Losing weight, and keeping it off, can be hard enough. But many people who achieve a tighter, toned body can be faced with another frustrating factor: loose, baggy skin left over from their larger selves.

Silvia Hoskison, a 50-year-old PIH Health patient can relate. After losing more than 100 pounds during her two-year weight loss journey, Silvia was left with excess skin that was causing problems for her life and her job.

“As a visual manager for a major department store, my job requires me to be very active—setting up displays, lifting and arranging heavy mannequins, and climbing up and down ladders,” she said. “Not only was my excess skin getting in the way, it was trapping perspiration, causing rashes and hindering my ability to move well and exercise. It was becoming unbearable.”

After a few months, Silvia decided to meet with Millicent Rovelo MD, PIH Health Plastic Surgeon. After discussing all of her options, Silvia chose to have a lower body lift in November 2019.

A lower body lift is a surgical procedure which offers a dramatic transformation of the mid and lower body. It removes excess skin and fat from the abdomen, hips, outer thighs, and buttocks with an incision that runs around the waist.

“Excess skin isn’t a problem for everyone who loses weight; but the more you lose, the faster you lose it and the longer you were overweight, the more likely you are to experience this side effect,” said Dr. Rovelo. “For many people, this procedure can be empowering and life-changing—bringing back a renewed sense of confidence.”

It certainly did for Silvia.

“Dr. Rovelo is extremely supportive, caring and knowledgeable—she always answered all of my questions and made me feel comfortable,” said Silvia. “Through this procedure, she gave me the happiness and total confidence that I feel today. I’ve given up hiding behind baggy clothes, and can finally wear jeans and dresses I could have never worn before.”

To schedule an appointment with PIH Health Plastic Surgeon Millicent Rovelo MD, call 562.789.5439 or learn more at PIHHealth.org/PlasticSurgery.
Patient Enjoys Speedy Recovery from Hip Replacement Surgery

Body surfing is an exciting sport that requires no special equipment or experience—but it’s also potentially dangerous. Just ask Lebran “Lee” Warrick, a 57-year-old, whose encounter last year with a powerful wave left him needing a hip replacement.

“I caught an 8'-10' wave and was too high up when it slammed me to the ocean floor,” he said. “Doctors said that I was extremely lucky—just a few inches less could have crashed me head first, possibly snapping my neck and killing me. I landed on my left side, tearing up my shoulder, hip and knee.”

Initially, Lee thought he could recover on his own; but after three months, he could barely bend over to put on his socks, let alone climb stairs on his construction job site. It was when he became dependent on a walker to get around that he realized he finally needed to go see someone regarding his hip.

After seeing a few other doctors, Lee was referred to Andrew Luu MD, a PIH Health Orthopedic Surgeon, who suggested he undergo a hip replacement for his severe post-traumatic hip arthritis. Lee agreed and had the surgery in early December 2019.

“Lee was a perfect candidate for an anterior hip replacement given how young and active he is,” said Dr. Luu. “With this type of surgery, patients typically have less damage to major muscles, experience less post-operative pain, and have a quicker recovery with less rehab restrictions.”

In fact, Lee was amazed at how fast the recovery actually was.

“I thought Dr. Luu was crazy when he said I would be walking the same day after surgery—but it was true,” said Lee. “Just a few hours after surgery, a therapist helped me take a walk; and after going home, I only used a walker for eight days, and a cane for another seven days. I was able to climb a ladder to hang Christmas lights, go bowling, and shoot baskets with my granddaughter before I knew it.”

“I can’t say enough about the professionalism of Dr. Luu and the staff at PIH Health,” he said. “Everyone that was involved in my care made me feel like I truly mattered, especially Dr. Luu, and I would definitely refer anyone to the PIH Health family.”

To learn more, visit PIHHealth.org/Ortho, or for an appointment, call 562.789.5452.
Receive *Healthy Living* Magazine by email

Would you like to receive PIH Health’s *Healthy Living* magazine by email instead of receiving a printed copy in your mailbox? If so, please visit PIHHealth.org/HL.

*Healthy Living* is distributed twice per year in the spring and fall.

Receiving the magazine digitally will permit you to take wellness tips with you while you’re on-the-go and at the same time, help us preserve our environment.

**PATIENT SURVEYS:**

**Your Feedback is Valuable**

PIH Health’s mission is to serve you with the very best patient and family-centered care—and we want to know what you think. After receiving care, questionnaires are mailed to patients at random from PIH Health so that you can share feedback about your experience.

You may also receive a phone survey from your physician’s office following an office visit. We use your feedback to improve our programs. Please let us know how we are doing by completing and returning the questionnaire or by participating in the phone survey.

**PREGNANCY AND NEW BABY**

- Breastfeeding 101
- Getting Ready for Your Baby
- Childbirth Basics
- Infant/Toddler Safety Class

To register, call Ext. 17541

**SUPPORT GROUPS**

**Breast and Women’s Cancer**

First Tuesday of every month at 6 pm, call Ext. 15325 or email Alexa.Giron@pihealth.org. Virtual meeting.

**Journey Through Cancer**

Receive caring friendships from others who relate and offer support. Oncology certified nurse in attendance. Second Monday of every month, 11 am - 12:30 pm. Virtual meeting, call Ext. 12570

**Mended Hearts**

For heart surgery patients and their families. In person meetings are on hold, virtual support coming soon, call Ext. 12368

**Managing Stress & Anxiety in Times of COVID-19**

Free Zoom Meetings, Fridays, 10 - 11:30 am (en español, viernes de 1 a 2:30 pm), call 562.967.2840

**Savvy Caregiver, Free Virtual Caregiver Workshops**

Thursdays, Aug 13 to Sept 17, 10 am - 12 noon, smikael@alzla.org (para español, llame al 844.435.7259)

**Stroke Support Group**

Second Tuesday of every month from 2 - 3:30 pm, call Ext. 13727. Virtual support group available

**CANCER TOPICS**

**Cancer Survivorship Series:** Empowers patients and their loved ones as they go through their journey.

- “Fear of Reoccurrence”
  Saturday, March 20, 2021 from 10 am - 12 noon. Auditorium, call Ext. 12896 to RSVP

- “Nutrition and Cancer”
  November 10, 2020 from 6 - 7 pm. Held virtually, call Ext. 12896 to RSVP

**Oncology Resource Center and Wig Bank**

Available for patients and their family members to access educational materials and resources. This is a virtual meeting.

Call for more information, Ext. 12820

**SPECIAL TOPICS**

**Cardiac Rehabilitation Lecture Series**

Free five-part recurring series, includes structure and function of the heart, understanding food labels, benefits of regular exercise, medications, managing stress and the emotional aspects of heart disease.

Wednesdays, 3 - 4 pm, call Ext. 12733. Currently on hold, scheduled to resume in fall 2020

**Advance Care Planning**

Learn about advance healthcare directives and physician orders for life-sustaining treatment (POLST).

First Wednesday of every month from 5 - 6:30 pm, call Ext. 13337 or ssambulatory@PIHHealth.org

**Smoking Cessation Program**

This program offers you a step-by-step process to quit for good.

To register, call Ext. 12549
PIH Health Good Samaritan Hospital is located in Los Angeles. Please see the pull-out box below for their location on the map.
List of PIH Health Services

1. **12401 WASHINGTON BLVD., WHITTIER, CA 90602**
   - PIH Health Whittier Hospital
     - Optical Shop
     - Family Medicine
     - Pediatric, Suite 201
     - Urgent Care Center
     - Pharmacy, Suite 202
     - Endocrinology
     - Rheumatology, Suite 203
     - Home Health Nursing Services
     - Pulmonary, Suite 204
     - Dermatology and Aesthetics Center, Suite 205
     - Otolaryngology (ENT), Suite 206
     - Pathology, Suite 207
     - General Surgery, Suite 208
     - Radiation/Interventionists, Suite 209
     - Women's Health, Suite 210
     - Ophthalmology, Suite 211
     - Radiology
     - Urology
     - Orthopedics and Sports Medicine
     - Obstetrics
     - Cardiac Catheterization, Suite 212
     - Surgical Services, Suite 213
     - Internal Medicine
     - Neurology
     - Radiology

2. **11500 BROOKSHIRE AVE., DOWNEY, CA 90241**
   - PIH Health Downey Hospital
     - Family Medicine
     - Obstetrics
     - Pediatrics
     - Urgent Care Center
     - Pulmonary, Suite 300
     - Dermatology and Aesthetics Center
     - Otolaryngology (ENT), Suite 301
     - Ophthalmology
     - Radiology
     - Pathology
     - Cardiac Catheterization, Suite 302
     - Diagnostic Imaging
     - Catheterization Laboratory
     - Obstetrics
     - Pediatrics
     - Urgent Care Center
     - Surgical Services
     - Pediatrics

3. **1225 WILSHIRE BLVD., LOS ANGELES, CA 90017**
   - PIH Health Good Samaritan Hospital
     - Medical Center
     - Family Practice
     - Pediatric, Suite 201
     - Urgent Care Center
     - Radiology
     - Pathology
     - Cardiac Catheterization, Suite 202
     - Diagnostic Imaging
     - Catheterization Laboratory
     - Obstetrics
     - Pediatrics
     - Urgent Care Center
     - Surgical Services
     - Pediatrics

4. **11420 BROOKSHIRE AVE., DOWNEY, CA 90241**
   - Rehabilitation and Wellness Center
     - Family Medicine
     - Obstetrics
     - Pediatrics
     - Urgent Care Center
     - Pulmonary, Suite 300
     - Dermatology and Aesthetics Center
     - Otolaryngology (ENT), Suite 301
     - Ophthalmology
     - Radiology
     - Pathology
     - Cardiac Catheterization, Suite 302
     - Diagnostic Imaging
     - Catheterization Laboratory
     - Obstetrics
     - Pediatrics
     - Urgent Care Center
     - Surgical Services
     - Pediatrics

5. **11411 BROOKSHIRE AVE., DOWNEY, CA 90241**
   - Family Medicine
     - Obstetrics
     - Pediatrics
     - Urgent Care Center
     - Pulmonary, Suite 300
     - Dermatology and Aesthetics Center
     - Otolaryngology (ENT), Suite 301
     - Ophthalmology
     - Radiology
     - Pathology
     - Cardiac Catheterization, Suite 302
     - Diagnostic Imaging
     - Catheterization Laboratory
     - Obstetrics
     - Pediatrics
     - Urgent Care Center
     - Surgical Services
     - Pediatrics

6. **11480 BROOKSHIRE AVE., DOWNEY, CA 90241**
   - Allergy Immunology, Suite 300
     - Family Medicine
     - Obstetrics
     - Pediatrics
     - Urgent Care Center
     - Pulmonary, Suite 300
     - Dermatology and Aesthetics Center
     - Otolaryngology (ENT), Suite 301
     - Ophthalmology
     - Radiology
     - Pathology
     - Cardiac Catheterization, Suite 302
     - Diagnostic Imaging
     - Catheterization Laboratory
     - Obstetrics
     - Pediatrics
     - Urgent Care Center
     - Surgical Services
     - Pediatrics

7. **12393 WASHINGTON BLVD., WHITTIER, CA 90606**
   - Patricia L. Scheffly Breast Health Center
     - Ruby L. Golleher Oncology Center
     - Family Medicine
     - Obstetrics
     - Pediatrics
     - Urgent Care Center
     - Pulmonary, Suite 300
     - Dermatology and Aesthetics Center
     - Otolaryngology (ENT), Suite 301
     - Ophthalmology
     - Radiology
     - Pathology
     - Cardiac Catheterization, Suite 302
     - Diagnostic Imaging
     - Catheterization Laboratory
     - Obstetrics
     - Pediatrics
     - Urgent Care Center
     - Surgical Services
     - Pediatrics

8. **2205 W. BEVERLY BLVD., MONTEBELLO, CA 90640**
   - Family Medicine
     - Obstetrics
     - Pediatrics
     - Urgent Care Center
     - Pulmonary, Suite 300
     - Dermatology and Aesthetics Center
     - Otolaryngology (ENT), Suite 301
     - Ophthalmology
     - Radiology
     - Pathology
     - Cardiac Catheterization, Suite 302
     - Diagnostic Imaging
     - Catheterization Laboratory
     - Obstetrics
     - Pediatrics
     - Urgent Care Center
     - Surgical Services
     - Pediatrics

9. **12291 WASHINGTON BLVD., WHITTIER, CA 90606**
   - Behavioral Health Clinic, Suite 300
     - Family Medicine
     - Obstetrics
     - Pediatrics
     - Urgent Care Center
     - Pulmonary, Suite 300
     - Dermatology and Aesthetics Center
     - Otolaryngology (ENT), Suite 301
     - Ophthalmology
     - Radiology
     - Pathology
     - Cardiac Catheterization, Suite 302
     - Diagnostic Imaging
     - Catheterization Laboratory
     - Obstetrics
     - Pediatrics
     - Urgent Care Center
     - Surgical Services
     - Pediatrics

10. **12462 PUTNAM ST., WHITTIER, CA 90602**
    - Cardiology, Suite 203
      - Family Practice
      - Pediatric, Suite 201
      - Urgent Care Center
      - Pharmacy, Suite 202
      - Endocrinology
      - Rheumatology, Suite 203
      - Home Health Nursing Services
      - Pulmonary, Suite 204
      - Dermatology and Aesthetics Center
      - Otolaryngology (ENT), Suite 205
      - Ophthalmology
      - Radiology
      - Pathology
      - Cardiac Catheterization, Suite 206
      - Diagnostic Imaging
      - Catheterization Laboratory
      - Obstetrics
      - Pediatrics
      - Urgent Care Center
      - Surgical Services
      - Pediatrics

11. **1850 S. AZUSA AVE., HACIENDA HEIGHTS, CA 91745**
    - Family Medicine
      - Obstetrics
      - Pediatrics
      - Urgent Care Center
      - Pulmonary, Suite 300
      - Dermatology and Aesthetics Center
      - Otolaryngology (ENT), Suite 301
      - Ophthalmology
      - Radiology
      - Pathology
      - Cardiac Catheterization, Suite 302
      - Diagnostic Imaging
      - Catheterization Laboratory
      - Obstetrics
      - Pediatrics
      - Urgent Care Center
      - Surgical Services
      - Pediatrics

12. **1400 S. HARBOR BLVD., LA HABRA, CA 90631**
    - Family Medicine
      - Obstetrics
      - Pediatrics
      - Urgent Care Center
      - Pulmonary, Suite 300
      - Dermatology and Aesthetics Center
      - Otolaryngology (ENT), Suite 301
      - Ophthalmology
      - Radiology
      - Pathology
      - Cardiac Catheterization, Suite 302
      - Diagnostic Imaging
      - Catheterization Laboratory
      - Obstetrics
      - Pediatrics
      - Urgent Care Center
      - Surgical Services
      - Pediatrics

13. **351 E. FOOTHILL BLVD., ARCADIA, CA 91006**
    - Home Health Nursing Services
      - Family Practice
      - Pediatric, Suite 201
      - Urgent Care Center
      - Pharmacy, Suite 202
      - Endocrinology
      - Rheumatology, Suite 203
      - Home Health Nursing Services
      - Pulmonary, Suite 204
      - Dermatology and Aesthetics Center
      - Otolaryngology (ENT), Suite 205
      - Ophthalmology
      - Radiology
      - Pathology
      - Cardiac Catheterization, Suite 206
      - Diagnostic Imaging
      - Catheterization Laboratory
      - Obstetrics
      - Pediatrics
      - Urgent Care Center
      - Surgical Services
      - Pediatrics

14. **1214 LAKEWOOD BLVD. SUITE 110, DOWNEY, CA 90242**
    - Family Practice
      - Obstetrics
      - Pediatrics
      - Urgent Care Center
      - Pulmonary, Suite 300
      - Dermatology and Aesthetics Center
      - Otolaryngology (ENT), Suite 301
      - Ophthalmology
      - Radiology
      - Pathology
      - Cardiac Catheterization, Suite 302
      - Diagnostic Imaging
      - Catheterization Laboratory
      - Obstetrics
      - Pediatrics
      - Urgent Care Center
      - Surgical Services
      - Pediatrics

15. **2200 CLARK AVE., LONG BEACH, CA 90815**
    - Family Practice
      - Obstetrics
      - Pediatrics
      - Urgent Care Center
      - Pulmonary, Suite 300
      - Dermatology and Aesthetics Center
      - Otolaryngology (ENT), Suite 301
      - Ophthalmology
      - Radiology
      - Pathology
      - Cardiac Catheterization, Suite 302
      - Diagnostic Imaging
      - Catheterization Laboratory
      - Obstetrics
      - Pediatrics
      - Urgent Care Center
      - Surgical Services
      - Pediatrics

16. **4476 TWEEDY BLVD., SOUTH GATE, CA 90280**
    - Family Practice
      - Obstetrics
      - Pediatrics
      - Urgent Care Center
      - Pulmonary, Suite 300
      - Dermatology and Aesthetics Center
      - Otolaryngology (ENT), Suite 301
      - Ophthalmology
      - Radiology
      - Pathology
      - Cardiac Catheterization, Suite 302
      - Diagnostic Imaging
      - Catheterization Laboratory
      - Obstetrics
      - Pediatrics
      - Urgent Care Center
      - Surgical Services
      - Pediatrics

17. **1245 WILSHIRE BLVD., LOS ANGELES, CA 90017**
    - Ambulatory Surgery Center
      - Family Practice
      - Pediatric, Suite 201
      - Urgent Care Center
      - Pharmacy, Suite 202
      - Endocrinology
      - Rheumatology, Suite 203
      - Home Health Nursing Services
      - Pulmonary, Suite 204
      - Dermatology and Aesthetics Center
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